



A program of



Program Overview for Parents

7th Grade- Healthy Relationships

Overview:

Healthy relationships is an important topic, especially among young people. In our program, we use developmentally appropriate language to discuss how children can foster positive relationships and friendships. We cover the 10 signs of healthy and unhealthy relationships and provided examples of respect, belittling, volatility, and guilt. Through interactive activities, students can practice applying the information. We also discuss how to deal with strong emotions and how to react when a friend or potential partner displaying unhealthy behaviors. We know this can be a difficult conversation to discuss, so our **24-hour helpline at 301-662-8800** is available for parents and students.

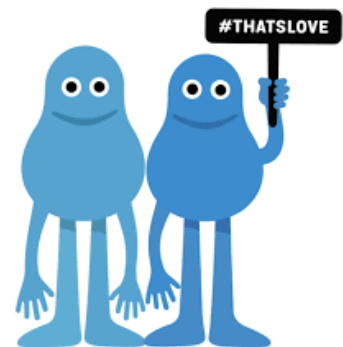
Ten Signs of a Healthy and Unhealthy Relationship

Healthy Signs

- Comfortable Pace
- Trust
- Honesty
- Independence
- **Respect**
- Equality
- Kindness
- Fun
- Healthy Conflict
- Taking Responsibility

Unhealthy Signs

- Intensity
- Possessiveness
- Betrayal
- Isolation
- Manipulation
- Sabotage
- **Guilt**
- **Volatility**
- **Belittling**
- Deflecting Responsibility



Ten Sign Examples

Belittling: When someone does and says things to make you feel bad about yourself.

- Example: making you believe you are going to do bad on a test

Volatility: When someone has a really strong, unpredictable reaction that makes you feel scared, confused or intimidated.

- Example: getting angry about not getting to hangout leading to destructive behavior

Guilt: When someone makes you feel responsible for their actions or makes you feel like it's your job to keep them happy.

- Example: making the other person in the relationship feel guilty for wanting to break up because they would be "depressed."

Respect: You value one another's beliefs and opinions, and love one another for who you are as a person.

- Example: telling someone something they admire about you

Talking Points

Discussing these sensitive topics can be difficult, so here are some tips and talking points to make this easier for you and your child. By having these conversations, it can help to strengthen the parent-child relationship and motivate them to come to you for future encounters.

- **Encouraging open communication with your child-** it's important to keep an open mind when your child wants to share their experiences with you. Avoid being judgmental and creating an environment where your child feels comfortable to express themselves freely.
- **Be prepared-** your child might have been through hard experiences and it may be hard to hear. You can utilize our hotline number at 301-662-8800 or you can scan the QR code below for references and resources.
- **Do your research-** it's important that as the parent you are educated on these topics in case your child may have any questions. To better your understanding of these topics, scan the QR code below for references, resources, and tutorials on how to block other users on social media.
- **Offer reassurance and support-** making sure your child feels secure is essential, so be sure to let them know you're there for them and that coming to you was the right decision.
- **Use a soft tone of voice-** when addressing your child, try to maintain a gentle tone. Sounding accusatory can give the impression that they are in trouble, which may cause them to be defensive and shut down. By adopting a softer tone, you'll create a welcoming environment that encourages openness and honesty. Some examples of this would be, "I am so sorry this happened to you and thank you for sharing this with me" or "Thank you for coming to me, let's figure this out together."

Here are some talking points to have with your child to help the conversation:

- "What do you think makes a good friend?"
- "How do you know if someone is treating you with respect?"
- "What do you do when you have a disagreement with a friend?"
- "Can you think of a time when you felt uncomfortable? What did you do about it?"
- "How do you feel when someone listens to you?"
- "What would you do if a friend made you feel bad about yourself?"
- "Can you think of examples of how friends should support each other?"
- "Do you feel like you can talk to me about your friendships?"
- "Is there anything you've seen or heard about relationships that you're not sure about?"

Where to Find Us!

- **24-Hour Helpline- 301-662-8800**
- youth@heartlyhouse.org
- Heartlyhouse.org

Scan Below for References and Resources

Grab your cellular device, click your camera app and press and hold the QR code to scan.



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